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BEING IN THE NOW

by Laurie A. Monroe



I invite all of you to ask yourselves—how do I want to Be? How do you want to Be with others? Do you want to be loving, compassionate, and generous? However you choose to be with another is how he or she will be with you. Whatever we are projecting in thought, action, and behavior will be mirrored back to us through our connection with All That Is. The nature of this connection is described perfectly by Ken Wilbur in his book, *No Boundary*: “When the individual truly sees that every move he makes is a move ‘away,’ a resistance, then the entire machination of resistance winds down. When he sees this resistance in every move he makes, then, quite spontaneously he surrenders resistance altogether. And the surrendering of this resistance is the opening of unity consciousness, the actualization of no-boundary awareness. He awakens, as if from a long and foggy dream, to find what he knew all along; he, as separate self, does not

exist. His real self, the All, was never born, will never die. There is only Consciousness as Such in all directions, absolute and all-pervading, radiant through and as all conditions, the source and suchness of everything that arises moment to moment, utterly prior to this world but not other than this world. All things are just a ripple in this pond; all arising is a gesture of this one.”

If we can dissolve the illusory boundaries that we have created through our own stories of the past, then we can live fully in the present moment and create a future that moves toward us moment by moment. Our ways of being can be used positively to create a more open environment. The way we are exerts a subtle influence. We all desire to help others transform themselves, and we all know that people respond to who we are far

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THE EARLY DAYS

by Nancy H. McMoneagle



Nancy “Scooter” McMoneagle is a professional astrologer and also works with her husband, Joe, in their consulting business, Intuitive Intelligence Applications (<http://www.mceagle.com>). She was instrumental in the development of The Monroe Institute and its Hemi-Sync® tapes and programs, later serving as the Institute’s director, 1983–1991. Nancy has served

two terms as president of Virginia’s Nelson County Chamber of Commerce and is currently a writer for Florida-based *Ivanhoe Broadcast News*. She has received the title Dame and rank of Officer’s Cross from one of the oldest organizations of European knighthood, the Order of Saint Stanislaus. She currently resides with her husband and their seven feline “fur children” in the mountains of central Virginia.

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REMOTE VIEWING PRACTICUM

by Katie Letcher Lyle



Katie Letcher Lyle is the author of fifteen books, and her short fiction has appeared in many magazines. A writer, teacher, folksinger, and speaker, she taught for twenty-five years at Southern Seminary College. Since 1983, she has taught more than 120 Elderhostels at several Virginia colleges. Katie has been active in organizations that serve the handicapped and currently serves as a board member and a volunteer for the Rockbridge Area Hospice. For eleven years, she has actively explored psychic functioning by participating in Monroe Institute residential programs. Her latest adventure is described below.

From September 28 to October 4, 2002, twenty-three explorers participated in the first REMOTE VIEWING PRACTICUM to be held at The Monroe Institute. This is a different sort of program than the others at Monroe, yet its aim remains the same, at least in part: to prove to us that we are more than our physical bodies. Remote viewing (RV) is what might be called task-oriented psychic functioning. At the end of the week, Skip Atwater, our leader, calculated that our success rate in the "for the record" trials was such that there was only a one in a thousand chance of repeating it in another session. Skip pointed out that in baseball, if you get a hit 30 percent of the time, you can make a lot of money. This astonishing result will become part of an ongoing statistical study to determine what we had seemed to prove—Hemi-Sync enhances remote viewing. When Joseph McMoneagle was developing his skills, Robert Monroe created special tapes to help him go into "remote-viewing mode."

Remote viewing is seemingly sending your perception away from your resting body to a "target" location or person, and reporting on what you can see, hear, sense, experience, or know about that target. During the 1970s of the last century, it was proven beyond doubt that remote viewing was within the range of human behaviors for some—and perhaps all—people. In response to Soviet experiments behind the Iron Curtain, our government began funding and training remote viewers and using remote-viewing programs, with a success rate ranging from 50 to 80 percent accuracy. The disparity in accuracy reflected differing judging and scoring systems. Hemi-Sync at the levels of RV 10, 12, 15, and 21 enabled us, the participants, to psychically connect time after time with our assigned targets. In RV 10 energy, you realize that you are more than physical. In RV 12 energy, information seems to flow in from wherever you aim your attention. In RV 15, time and space cease to be limitations. We know this after attending the GATEWAY

VOYAGE™ and other programs at The Monroe Institute, but these states of awareness take on new and very specific meanings in remote viewing.

There were tapes each day, usually one or two. The rest of the time was devoted to learning to acquire and describe distant targets—while scrupulously documenting our success according to a seven-point system. In remote viewing, there are at least three participants: the viewer, the monitor, and the judge. We practiced being all three, thus learning the problems inherent in each role and how to overcome them. We put in long days, amid much joy, discussion, argument, good food, and congenial companionship. The five steps in the remote-viewing process: turning inward, relaxing, listening, becoming aware, and reporting were also practiced. Time after time, we demonstrated to our delight that we could all seemingly travel to distant targets successfully.

At week's end, I believe not one of us left The Monroe Institute doubting that human beings have the ability to "go" to targets without leaving their bodies and to return with accurate information. Skip Atwater spent many years as an operations and training officer for the U.S. Army Intelligence remote-viewing surveillance program. Watching videotapes from remote-viewing conventions each evening enhanced our work as remote viewers. Our "house-mother" was Carol Sabick, whose calmly humorous demeanor and psychic sensitivity added greatly to our experiences.

Perhaps I am overly analytical, but I am still working to overcome my own residual doubt about psychic functioning, despite spending twenty weeks over the last eleven years at The Monroe Institute doing every program offered. More than any other program (and I've done *LIFELINE*™ five times!) the REMOTE VIEWING PRACTICUM served to convince me that my "hits" could not have been guesses; that I do indeed share with others the ability to transcend space and time and my body. For what it's worth, here is how I would "explain" remote viewing. We are all-knowing, all-the-time, but that knowing of everything—past, present, and future—is kept firmly below the conscious level as we navigate through our earthly lives. Remote viewing is a dipping below the limen of consciousness into that infinite pool of information and pulling up into conscious thought whatever it is that we are seeking.



BEING IN THE NOW

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more than what we say. Through engaging the circumstances of the moment, we can approach life by proactively being the creative response itself.

Amplifying this creative energy in unity has the potential to transform those we encounter into something newly expressed. We must do our best to be authentic in our self-expression and to remember that one person never brings about transformation. There is a continuous feedback of change within relationships. We are all part of the whole. Our feedback allows others to act in truth and transform the consciousness of humankind. Perhaps this is lofty thinking, but I truly believe that as individuals in alignment with the whole we can deeply and subtly influence the world. Each of us is an aspect of the collective consciousness, the unity consciousness of the universe.

If we understand how personal perceptions and thoughts control our interactions, that understanding will enable us to move beyond such restrictions. And doing so creates an opening for our relationships to move to a greater and deeper level of understanding. Don't put too much emphasis on who deserves credit, who is right, and who is to blame. It is all a process, and that's what's important. Life is not about getting credit, being right, and assigning responsibility. We are responsible for our own lives. Suspending our judgments and opinions, really listening to each other, and letting go of our need to be right opens the way for change and a new view of life emerges. Like a butterfly shedding its chrysalis, we spread our wings and embrace the transformation as the constraints of the past disappear. Our own transformation

has enormous impact on those around us.

I recently found a 1978 issue of *The Explorer*—one of the first Monroe Institute newsletters. The following is an excerpt from one of the explorer sessions published in that newsletter. The Monitor asked the Explorer, "How can we be and act in the earth environment?"

"Dependence upon another mortal being, no matter how large or small his role may be in your life is, again, building a false structure, irrespective of the interaction and the seeming balance. Man must go back and realize that he was born alone (as a soul emerging into this life . . . no one can do it for him, and the same is true at death). Your strength does not come from clinging to someone or something external but your strength is of the light from your own Source. This is the only answer to detachment. Setting your brother free is truly a gift of love on the highest level. Expect nothing from anyone. In the past your own thoughts and needs have prompted him. The joy expressed by his new freedom will create another type of relationship, far more satisfying, due to its having evolved to a higher octave.

"Bear with your pain as the breaking up of the old takes place, recognizing it for what it is. As in the macrocosm, so in the microcosm. As in the outer, so in the inner. If man's physical or material world changes are taking place, does it not follow that earthshaking changes must take place within the individual as well? The same is true in reverse, as you learn to deal with your changing concepts and mental out-picturing of thought. It lies within man's potential to literally change his world both without and within if he only understood and utilized the creative power of his thinking."

By continuing to explore and experience the multidimensional

aspects of ourselves, we will become more self-expressed. By sharing our thoughts and experiences with others, we will assist transformation of humanity to a much higher level. Moment by moment be present to how you are with those around you. Be a possibility of transformation to all those who know and love you, but most of all, be that possibility for yourself.



MEMBER TAPE

Hemi-Sync Signals from the Past (1973)

This is one of Bob's very first exercises demonstrating the Hemi-Sync process. We have left it in its original form of thirty years ago—the time frame described in Nancy McMoneagle's article "The Early Days." We hope you enjoy it.

MEMBER TAPE

Prophets Message (2003)

Laurie Monroe developed this exercise for her presentation at one of the Prophets Conferences. The guided meditation enables you to receive information from deep within. See if you are able to feel how Hemi-Sync has changed through research and development over the past thirty years. (Those interested in the Prophets Conferences may visit their Web site at <http://www.greatmystery.org>)

THE EARLY DAYS

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For all the great contributions Robert Monroe has made to thousands of people across the globe, he was always the first to say he wasn't altruistic. In fact, Bob didn't believe altruism was possible, and consistently vowed that his work was not for the betterment of humanity. He simply stated that everything he did was solely to satisfy his own curiosity. And though it's true that Bob did have a vastly curious and brilliant mind, it's always been my opinion that he "doth protest too much." Far too many benefited from his work for him not to have cared about helping humanity. But then, who was I to challenge him?

In fact, besides being Bob's stepdaughter, I was his first full-time program trainer, fan mail answerer, national program coordinator, secretary, driver, and public relations person. I assisted in designing the early programs and in writing the trainer's manuals, and was also one of the "research team," which later became known as the Explorers. In short, I wore every hat possible in the early days, and was honored to be a part of building the foundation of what would become known as The Monroe Institute. After working for Bob and the Institute for nearly two decades, I resigned as director in 1991 and started my astrology practice.

It was truly thrilling to work with Bob as he experimented with us family members and then others, attempting to elicit varying states of consciousness. To do this he used different sound combinations, mixing in his rich and resonant voice for guidance. These states ranged from mild relaxation to other non-ordinary, or altered, states of consciousness, including the "time between lifetimes" and the out-of-body state. It was like being an astronaut (or "astralnaut," as we

jokingly called it) as we explored realms beyond our usual earthly concerns, far beyond the perceptual confines of space and time.

Bob's Original Plan (BOP)

Bob actually started looking into the effects of sound some years earlier due to his interest in sleep learning, as well as a desire to learn more about controlling out-of-body experiences. And it was during the '70s that Bob, with the help of a number of individuals, started putting his work together in a form that would, indeed, be the foundation for bringing something of value to a large number of people worldwide.

To facilitate his research, Bob built a specially designed lab at Whistlefield, the country home in Virginia where the family then lived. Although he initially called the lab "Whistlefield Research Laboratories," he soon changed it to the Monroe Institute of Applied Sciences, or M.I.A.S. for short—Bob did so love his acronyms! It wasn't until 1985 that M.I.A.S. was called The Monroe Institute, now known as TMI by so many. That was also when it became a nonprofit organization.

Now armed with a lab that included a control room and three shielded rooms or "booths," which were outfitted with audio and with galvanic skin response measuring units, he had the perfect set-up for testing his audio guidance system. In the booths the Explorers would lie down on comfortable beds, listen to and report on the effects of the audio combinations he fed to each person via stereo headsets. Bob used to joke that he was "reeling us out and bringing us back in," with his special sound concoctions. All along, of course, he was recording the correlations between the sound combinations and our experiences.

In addition to family members

who participated as Explorers, there was a core group who consistently came to the lab weekly for sessions in the booths. These early supporters and contributors to Bob's work included Bill Yost, Tom Campbell, Dennis Mennerich, John Laurence, Rosie McKnight, and Shay St. John, to name just a few. There were also a number of other dedicated individuals such as Fred "Skip" Atwater, now the Institute's director of research, who gave their Thought, Energy, and Time—or TET (one of Bob's favorite acronyms) to the research effort. In Bob's mind, sharing your TET spoke volumes about your commitment to the work. Several books have been written by some of these early contributors, including Rosalind McKnight's *Cosmic Journeys* and Skip Atwater's *Captain of My Ship, Master of My Soul*. Tom Campbell's *My Big TOE (Theory of Everything)* has just been published.

As Explorers, we had to learn to report verbally, no matter how deep the state or how "far out" we happened to be, so that Bob could determine which sounds correlated with which experiences. At times he would have two or three of us "travel together" to these other, nonphysical realities—sometimes we reported separately (often with amazingly similar details), and sometimes he would open our mikes, allowing us to hear each other's perceptions. I recall those particular sessions being incredibly intimate experiences.

Another way Bob observed what was going on with each Explorer was via the galvanic skin response (GSR) readouts transmitted to the control room from electrodes we put on each time we climbed into the booth. The GSR gave him a feel for any major changes in our physical state of relaxation or tension. Not only was

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FOLLOWING THE STARLINES

by Franceen King, MA



Franceen King has been a Monroe Institute residential trainer since 1986. She lives in Florida where she is a

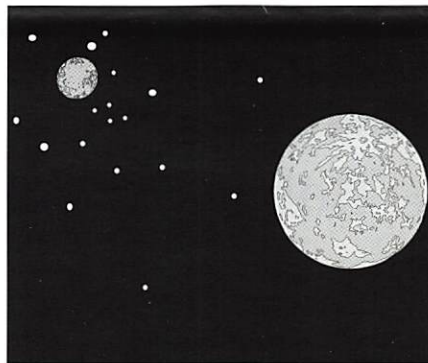
licensed mental health counselor, rebirther, transpersonal therapist, and ordained minister. She has been actively exploring consciousness and paranormal phenomena for over thirty years and has contributed her insights to The Monroe Institute in a variety of ways, including the design and development of EXPLORATION 27™ and the TRAINER DEVELOPMENT AND ASSESSMENT PROGRAM. She can be reached at FranceenK@aol.com

I don't remember exactly when I became a stargazer. I suppose it was long before my experience in this embodiment. I do recall, however, that one of my first spiritual "epiphanies" this time around came from reflecting on the night skies in California when I was about five years old. I had accompanied my mother to services at Blessed Sacrament Catholic Church. As was customary, the children were separated into their own classes for "catechism," a series of standard questions and answers which every Catholic schoolchild memorized in those days. That night's lesson was: "Where is God?" Answer: "God is everywhere."

Upon leaving class, I was pondering that lesson. I looked into the skies and thought to myself, "If God is everywhere, then God is not only in all the people I meet, and in all the air I breathe and the food I eat, but also in all the stars I see, and all the space in between, and . . . and God is very, very big.

How could this be? Then I got it. Obviously all the earth and the people on it and the sun, the moon, and all the stars and sky and all I could perceive . . . was the inside of God's stomach! I live inside of God! Wow! And just like I could hear my stomach growl if I was hungry, God could hear me!" While this was a child's conceptualization, it has been a model that has worked for me throughout my life—providing comfort, affirming connection, and negating even the possibility of separation.

I'm sure that you have your own story of how you've been inspired by the stars and other celestial bodies. Reflecting on the size, activity, and composition of the universe is naturally consciousness-expanding. Throughout time, humans have looked to the heavens to know God, to know themselves, to know their relationship to their Creator and their place in Creation.



Beginning in October 2003, The Monroe Institute will offer an unprecedented opportunity for you to explore these questions, and more, through our newest residential program, STARLINES. I am calling this event "unprecedented" because the program will incorporate hundreds of images from the various space telescopes, sound translations of the emanations of many celestial bodies, and information from the leading edge of astronomy and astrophysics. These components have only become available to humans within the

past few years. The power of Hemi-Sync, the consciousness maps provided by Bob Monroe, and the knowledge and experience base of our advanced explorers make STARLINES a program with incomparable potential.

STARLINES is for graduates of EXPLORATION 27 who possess a burning passion for exploration and Self-discovery, an unquenchable curiosity, and an enduring love and respect for the Life Force in all of its expressions. Using Focus™ 34/35 as our launchpad, we will explore the mystery and majesty of energy systems throughout our Milky Way galaxy and beyond and move gradually into new states of awareness, being, and perception through Focus 49. Aided by hundreds of cosmic images and the true Music of the Spheres, we will collectively journey into interdimensional frontiers—seeking, asking, observing—awakening past and future memories associated with these distant energy systems, and thereby reclaiming more of our Total Self. There are numerous parallels between outer space exploration and inner space exploration: much as EXPLORATION 27 explored the ancient Hermetic principle, "As above, so below," STARLINES will explore a new octave of that principle, "As within, so without; as without, so within." In so doing, we will move into even greater awareness of our I-There, our I-There Cluster, and the bonded relationships with other I-There Clusters—experiencing the love, joy, and freedom of wholeness, the empowerment of purpose, and the transcendent peace of the Perfect Plan.

As we explore, we will be forging and strengthening pathways for others to follow, and expanding connections between our beloved planet and the energetic sources

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COINCIDENCE OR SPIRITUAL GUIDANCE?

by Bill Devitt



Bill Devitt is a retired mining engineer with BS and MS degrees from Penn State and the Colorado School of Mines. His work led him to live in seven different states and travel in twenty-six countries around the world. Halfway through his career, his "eyes were opened" by some "unusual experiences" in the late '70s.

They led to years of reading on the subjects of OOBes, lucid dreams, remote viewing, and channeled spiritual information. Bob Monroe's book *Journeys Out of the Body* began it all. This led to Bill's completing the GATEWAY VOYAGE™ in 1981 and GUIDELINES™ twenty years later in 2001! The subject of this article is the unusual way he "found" a copy of Monroe's second book, *Far Journeys*.

After an unusual psychic experience in 1978, I began looking for information on and reading about out-of-body experiences (OOBEs). The first book into my library was *Journeys Out of the Body* by Robert Monroe. After a brief but very real spontaneous-ejection type-OOBE in 1981, I attended The Monroe Institute's GATEWAY VOYAGE program to learn more. One of the highlights was a visit by Bob for an evening discussion. Over the years, infrequent but interesting "events" maintained my interest and my library got bigger and bigger. Two years ago, I visited the local old-book store. The only book of interest to me was a faded-jacket-hardcover probable first edition of Monroe's *Journeys Out of the Body*. Twenty years after GATEWAY, to the week, I returned to TMI to attend GUIDELINES and I took the old book with me to show to the trainers. Five months later the following events transpired in Sedona, Arizona:

My wife and I were spending part of a Vegas vacation seeing the sights of northern Arizona. We drove south from Flagstaff to Sedona on October 26, 2001. I had looked at a map brochure of Sedona knowing that the town should have some New Age bookstores, given the attention the red rock area gets from psychics interested in the nearby vortices (power points). The Center for the New Age sounded like the best bookstore, and I

tried to pinpoint it on the map. It was across the street from the "renowned" Tlaquepaque Arts and Crafts Village.

After driving around the north and west main streets and seeing no bookstores of interest, I decided to venture south from the "Y" on Arizona Route 179 to find the Center for the New Age. Finding Tlaquepaque should make it easy. Well, we drove and drove and looked and looked. After several miles we appeared to have left Sedona. We kept going through the countryside until we came to the Village of Oak Creek shopping center. My wife glimpsed a New Age sign, but I said, "Let's go a couple blocks more and come back." There was a Visitor Center off to the left, and I parked and went inside. A lone "greeter" was talking to some customers. I waited awhile to show him my map and ask directions. Still busy. I went to the restroom. Still busy. I decided it was hopeless and left.

We decided to check out the nearby "Mystic Moon New Age Shop." Their motto: "We offer the tools and information to help you on your spiritual journey."

Outside there was a small "psychic fair." Inside a fellow was playing a guitar and singing. I scanned the shelves of books on the right side, across the rear, and on the left. Nothing of interest. I had to go around the guitarist to check one last, small bookcase. Only one book caught my eye: *Far Journeys* by Robert Monroe, a mint condition, hardcover, first edition. On the blank page facing the front cover was penned, "Bill—See you in 12! Robert Monroe Aug '86 Thank you for coming!"

Well, I'm sure you know I bought it (only \$8!).

Then we left and drove about five miles back to Sedona. There, not more than a half mile from the center of Sedona and on the very same road we had traveled, was the Center for the New Age bookstore with Tlaquepaque right across the street. Both of them were very obvious. We had passed right between them to drive clear to the Village of Oak Creek and the one small store with the one BIG book! Something must have blinded us to the obvious as we drove south out of town and also hindered me at the Visitor Center, all so I could end up at a place I wasn't hunting for to get Bob's book with the 1986 message. Maybe Bob had intended it for ME, too, far in the future, and he just made sure I got it!

**Something must have
blinded us to the obvious...
all so I could...
get Bob's book with
the 1986 message.**

THE EARLY DAYS

Continued from page 4

this a valuable guide to how we were doing, it also gave him more data about how we were responding to the particular sounds he was combining and sending to us via the headsets.

When it came to labeling which state we were in, or where we were being focused, Bob felt that using numbers was a clean and simple way to identify the states of consciousness. C-1 stood for "Consciousness Number One," the state of being fully wide awake and alert. Focus™ 10 became the state of mind awake, body asleep; Focus 12, the state of expanded awareness; and Focus 15 was the state of no time.

Thanks to information that certain Explorers "brought back" from their experiences, Bob then guided people to even "higher," or perhaps more accurately stated, deeper and more profound states of awareness. For example, Shay St. John, then Shay Ellsworth, was an Explorer who had a special connection with an intelligence whom she called Miranon. As a result of many sessions with Bob in which Shay communicated with Miranon, a number of ideas evolved that were eventually incorporated into the Institute's programs—such as the GATEWAY VOYAGE™ exercise that takes participants through various color patterns and foci to reach Focus 21, the Bridge between physical matter reality and other energy systems.

After much trial and error and a host of Explorer sessions, the distinct sound combinations to reach specific states were determined and implemented, and Bob began making what became known as the Hemi-Sync® taped exercises.

Beginning Expansion of Bob's Original Plan (BE-BOP)

With word now out about his studies of the effects of sound on consciousness, and because of the burgeoning success of his book, *Journeys Out of the Body*, Bob was invited to conduct a workshop at Esalen Institute in California. And so it was that his very first program was born. Bob and his engineering friend, Bill Yost, conducted the first of the Monroe consciousness training programs in 1973 at Esalen using Bob's special tapes of verbal and audio guidance. Bob eventually received a patent on the binaural beat audio technology based on the Frequency Following Response (FFR) process. FFR combined with other audio elements then became known as Hemi-Sync, short for hemispheric synchronization of the two halves of the brain.

This first weekend program, called the M-5000, offered round-the-clock taped exercises, which guided the participants into various states of consciousness. Each tape was an hour long, and other than bathroom breaks, time out for meals, and brief rest periods, the participants were "on tape" the entire time. Physical exercise wasn't a consideration back then. Thankfully, this procedure evolved into a much more balanced approach in years to come.

The M-5000 participants reported a wide range of extraordinary experiences (with that kind of nonstop tape schedule, I guess so!) and there was great success in rapidly achieving the kind of deeply meditative and altered states of consciousness that yogis or skilled meditators typically took years of practice to achieve. Seeing the powerful effects of his Hemi-Sync tapes when used in a group setting, Bob knew it was time to take this process to the next step. By the mid-'70s, we were offering the M-5000 weekend and a ten-day program at local motels and retreat centers in Virginia. Soon thereafter we took the "show on the road," giving the M-5000 programs across the United States.

The "M" in M-5000 came from one of Bob's company names, Mentrionics, and the 5,000 referred to the number of people he hoped to have experience his special audio guidance system. As of now, over 20,000 people have attended Institute programs, and well over a million have listened to the Hemi-Sync tapes and CDs. His books have been translated and published all over the world.

Eventually the M-5000 name was changed to the more descriptive GATEWAY VOYAGE, for it did indeed provide a gateway into other states of consciousness. And with every passing year the program became more and more popular as people heard about the massive personal breakthroughs program participants were having. A number of other programs have since been added to the curriculum, but in the early days, we had our hands full with the ten-day and weekend GATEWAYS. Thankfully, we were very fortunate to have some talented people come on board as program facilitators, including Christopher Lenz, Karen Malik, and Melissa Jager, to name just a few of the "early birds" who were very important to the success and growth of the Institute. This is especially true of Karen Malik, who has stuck with the Institute through thick and thin, and is currently celebrating her twenty-sixth year as a Monroe Institute trainer!

It was fascinating to watch the Institute and its offerings evolve over the decades, and I'm tremendously grateful and proud to have been a part of its development and expansion. Because of the dedication of countless individuals (and tons of TET!), Bob's work continues to this day. Perhaps the guiding force supporting Bob's curiosity and his original plan could best be described by a quote from Star Trek: "To boldly go where no man has gone before . . ."

THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others (except for Noetic Sciences) will be held at The Nancy Penn Center. Contact Karen Viar at (434) 361-1252 or TMIprograms@aol.com to register for programs listed below. Please note that the GATEWAY VOYAGE™ is a prerequisite for all other programs.

To register for the 2004 Professional Seminar, contact Shirley Bliley at (434) 361-9132 or dec1pd@aol.com

2003

GATEWAY VOYAGE

June 14–20
July 12–18
August 2–8
August 16–22
September 13–19
October 11–17
November 1–7
December 6–12

NOETIC SCIENCES GATEWAY VOYAGE—CA

October 4–10
November 29–December 5

GUIDELINES™

July 19–25 (RMR)
November 1–7 (RMR)

HEARTLINE

October 25–31 (RMR)

LIFELINE™

June 7–13 (RMR)
August 2–8 (RMR)
October 4–10 (RMR)

EXPLORATION 27™

(For LIFELINE Graduates)
June 14–20 (RMR)
October 11–17 (RMR)

STARLINES

October 25–31
December 13–19

SILENT RETREAT

October 4–8

MC²

October 18–24

REMOTE VIEWING PRACTICUM

June 21–27
November 8–14

TIMELINE

September 27–October 3

COLLEGE GETAWAY WEEKEND

July 24–27

TRAINER DEVELOPMENT ASSESSMENT PROGRAM

August 8–15

PROFESSIONAL SEMINAR

March 6–10, 2004

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Appearances

On January 9, 2003, F. Holmes "Skip" Atwater was a presenter at "Healing and the Near-Death Experience," The International Association for Near-Death Studies, Inc., conference held in Honolulu, Hawaii. Skip spoke on "The Healing/Regeneration Center Exploration" using data compiled from TMI's BEYOND EXPLORATION 27 residential program.

On November 16–17, 2002, OUTREACH Trainer Linda LeBlanc and Barbara Jones gave presentations at the Mind-Body-Spirit Exhibition held in Nicosia, the capital of Cyprus. Linda spoke on "Parapsychology: The Scientific Study of Psychic Phenomena," and Barbara spoke on "Children of Wisdom and Wonder." Both Linda and Barbara wove Hemi-Sync into their presentations. Linda also gave a talk about Hemi-Sync at the Paphos Health and Wellness Festival held in mid-January 2003. By special request, METAMUSIC was used as background music for the festival.

Books

The following titles are available from the TMI Bookstore. Call (866) 881-3440 toll-free or e-mail to TMIbookstore@aol.com

Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY**

Captain of My Ship, Master of My Soul, by F. Holmes "Skip" Atwater
Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight

Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle

The Ultimate Time Machine, by Joseph McMoneagle
The Stargate Chronicles, by Joseph McMoneagle
Using the Whole Brain, edited by Ronald Russell

Magazines

The first installment of a two-part interview with Skip Atwater appeared in the Australian magazine *New Dawn: Alternative News & Information*, number 74, September/October 2002. The five-page interview by Tony Mierzwicki delved into the nature of the astral senses and their relationship to remote viewing, Stargate, and out-of-body experiences. In the second installment (*New Dawn*, number 75, November/December 2002), Skip discussed out-of-body experiences in some detail as well as the nature of the Hemi-Sync technology and its ability to "open the door" to the astral plane.

Brian Dailey, MD, TMI Professional Division and Dolphin Energy Club (DEC) member, contributed a feature article to *Massage and Bodyworks*, volume XVII, num-

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Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call Shirley or Ann at (434) 361-9132 or e-mail DEC1PD@aol.com with changes or to be removed from the list.

AUSTRALIA ADELAIDE, S.A. Clive Elms Dara Gorecki (61) (08) 8268-5852 Claire Ezrac (61) (08) 8346-7936	U.S.A. ARLINGTON, VA Mark Gemmell (703) 522-8663 BETHESDA, MD Helene N. Guttman Tel/Fax (301) 656-8980 BUTTE, MT Leo McCarthy (406) 494-3567 BOSTON, MA Steve Ullman (978) 579-0945 CHARLOTTE, NC Rebecca Nagy (704) 588-4623 COLUMBUS, OHIO Tom King (614) 421-7117 DAVIDSON, NC Norma Atherton (704) 892-7000 DOWLING, MN Robert Jonas (616) 758-3797 ENGLEWOOD, CO Daniel K. Meyer Kimberly Miller (303) 740-8053 FINESVILLE, NJ Pete Ennes (908) 995-9493 GEORGETOWN, TX Bob & Donna McKelvy (512) 863-7808 GRAND RAPIDS, MI Larry Rosencrans (888) 320-1517 HAMDEN, CT Lou Stout (203) 288-1677 HENDERSONVILLE, NC Joe Gallenberger (704) 693-4721 INDIANAPOLIS, IN Shawn Casey (317) 852-7727 LOS GATOS, CA Jerry Durand Sharon Hurtley-Durand (408) 356-3765 MT. JULIET, TN Art and Jan Flint (423) 988-0104 NEW YORK, NY Al Swadichuto (212) 228-3298 PALMER, AK Ross Perrine (907) 746-6443 PASO ROBLES, CA Leland Beck (805) 467-3587	PHILLIPS, ME (after May 15) C.J. & Stella Stevens (207) 639-2501 PORTLAND, ME Joe Harrington (207) 773-0291 PORTLAND, OR Ralph Burton (503) 655-4488 Bill Oakes (503) 628-3150 RENTON, WA Peggy O'Hare (425) 641-4535 Rob Sandstrom (425) 255-1035 ROSWELL, GA Chase Carey (770) 587-0350 SAN MATEO, CA Chow Chow Imamoto (415) 341-1955 (r) (415) 344-1822 (w) SHASTA LAKE CITY, CA Edy Harrington (530) 275-4946 SILVER CITY, NM Marion Light Ray (505) 388-5782 STONE MOUNTAIN, GA Gretchen Jaccino (404) 716-5857 SURFSIDE BEACH, SC (until May 15) C.J. & Stella Stevens (843) 215-1097 SYRACUSE, NY Donald W. Paulus (315) 423-8413 TEMPE, AZ Marcie A. Katler (602) 968-3021 TOLEDO, OH Eileen Tucker (313) 856-5251 TULSA, OK Bruce W. Freeman (918) 742-0743 WALLINGFORD, CT Mike Cei (203) 265-9851
CANADA HALIFAX, NS Tom Tasse (902) 443-2692 ORILLIA, ONT Kim Stratten (705) 329-3031 TORONTO, ONT Blair Swanson (416) 694-2908 VANCOUVER, BC Carol Biernat (604) 261-2840		
CYPRUS John Knowles & Linda Leblanc (357) (26) 621272		
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SCOTLAND NEW GALLOWAY Jill and Ronald Russell Tel/Fax (44) (1644) 420357		

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The **OUTREACH** trainers and facilitators listed on the special workshop insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

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ber 5, October/November 2002. In "Energy Medicine: Subtle Therapies with Big Impact," Dr. Dailey described his introduction to remote healing via the Dolphin Energy Club and told how he became involved with energetic healing. The bulk of the article was devoted to case studies in which complementary modalities, including Hemi-Sync, were employed as adjuncts to conventional treatment.

U.S. News & World Report, January 27, 2003, ran "Enemies in the mind's eye" by Marianne Szegedy-Maszak and Charles Fenyesi. This excellent article revisited the Stargate remote viewing research program. Szegedy-Maszak and Fenyesi began by describing one of Joe McMoneagle's remote viewing sessions in 1979 and touched on new details that have come to light following the CIA's release of "73,000 pages of previously classified records" in December 2002.

New Books

Thomas Campbell, a nuclear physicist and a member of Bob Monroe's original Explorer team, has just published *My Big TOE (My Big Picture Theory Of Everything)*. The trilogy—comprised of *Awakening*, *Discovery*, and *Inner Workings*—aims to unify philosophy, physics, and metaphysics "under one seamless scientific understanding." Monroephiles will be especially interested in the first twelve chapters of *Awakening*, an engrossing account of Tom's opening to the nonphysical realm through transcendental meditation and how that led to his encounter with Bob Monroe, the "Wizard of Whistlefield." Go to <http://www.My-Big-TOE.com> for more information.

Newspapers

"In-Sync" by Stephen Barling appeared in *C-Ville*, volume 14, number 23, June 4–10, 2002. The author visited The Monroe Institute and described it as a retreat center "dedicated to the exploration of deep mental states and optimized cerebral phenomena . . . a camp for people interested in visiting the furthest reaches of consciousness." In January 2003 Mr. Barling returned for the *GATEWAY VOYAGE™* and to test whether "if one could master one's own belief system, reality would shift to accommodate the new mode." "Cosmic Degrees: Out of Body at The Monroe Institute," the story of his experience, appeared as a nine-page spread with numerous photos of Institute landmarks in *The Hook*, volume 2, number 6, February 13–19, 2003.

Echo, January 2003, featured an extensive review of *The Biology of Transcendence* by Joseph Chilton Pearce. Reviewer Jim Ward called the work "one of the most

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insightful and stimulating books I have read in a long time." Pearce suggests that the heart, which "contains about 50% neural cells" is our "true center" and that "a state of well-being is more likely when the electromagnetic wave patterns of the heart-brain are in sync (coherence) with those of the head-brain." Mr. Pearce is a member of the TMI Board of Advisors.

Wellness News, volume 2, number 12, January 2002, ran a short interview with F. Holmes "Skip" Atwater. In "We are more than our physical bodies," Skip gave a brief history of the Institute and described the residential programs, focusing on practical applications of Hemi-Sync in daily life.

Radio

On Thursday, January 30, 2003, remote viewer Joseph McMoneagle was a guest on The Lou Gentile Show, which originates in Philadelphia and is carried on ABC Starguide III. If you missed it, check out <http://www.lougentile.com/streamingarchives.html>

Television

Nippon Television aired Part III of "FBI: Psychic Detectives" on January 18, 2003. On November 21, 2002, Joe McMoneagle—working from Virginia—remote viewed three missing people. The television crew and a detective agency then used Joe's map drawings and descriptions of their locations to search for the targets.

From November 30 to December 3, 2002, a program showcasing *OUTREACH* Trainer Deborah Sachs's workshops and The Monroe Institute was aired at seven different time slots in the U.S. and Portugal on GNT-Globosat television.

WITH LOVING GRATITUDE
FROM LAURIE

I extend special thanks to Nancy McMoneagle for contributing an article about the "beginnings" of The Monroe Institute for this issue of the TMI FOCUS. I would also like to thank the long-term employees of TMI and Monroe Products who have been a part of the Institute family for over ten years—Darlene Miller, Skip Atwater, Shirley Bliley, Ann Vaughan, Jeanne Johnson, Peggy Raynes, Teresa West, A. J. Honeycutt, George Durette, Larry Crawford, Angie Wood, John Clyde Kranz, and Ginny Bridgewater. My gratitude also goes out to the many Professional Division members, the Board of Advisors, and the trainers who have been a part of our growth since 1978.

In 1978 twenty-four programs were scheduled. Seven were weekend programs, twelve were one-day meetings, three were ten-day *Explorations*, and two were three-day *Advanced* 15 weekends. Christopher Lenz and Karen Malik, two of the program trainers who were active in the '70s, are now training our *GATEWAY VOYAGE™* when it is held at the Institute of Noetic Sciences in Petaluma, California.

There have been many changes throughout the years, yet the core values of the Institute have remained intact. Our goal is to provide people with the tools to fully realize their human potential. The key is to "find out for yourself" through direct experience.

FOLLOWING THE STARLINES

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which nurture her. As a representative delegation of earth human consciousness now, we will traverse time and space, beginning our new roles as "Galactic Ambassadors." From this "different overview," we will also bring back to earth the patterns, perceptions, and visions that will allow humanity, and all earth life, to more easily attune to life-affirming futures. Along the way, we will explore the energetic black hole/stargate of the Galactic Core and the possibility that it may aid us in "warp-speed" transformation.

I started receiving guidance and instructions to develop this program in May 2002. Putting the intention into form has been an exciting time for me personally—filled with revelations and energetic infusions. I am thrilled with the way my guidance team has

worked with me to bring *STARLINES* through, and very grateful to be able to share this opportunity with you.

So if you are a "trekkie" at heart, *STARLINES* is your program. Bring your sense of adventure and any star charts, books, etc., that you would like to have handy. I look forward to journeying with you.



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